

Walking in Proud Shoes

by Ellen Baer

“It had taken me almost a lifetime to discover that true emancipation lies in the acceptance of the whole past, in deriving strength from all my roots, in facing up to the degradation as well as the dignity of my ancestors.” — Pauli Murray from *Proud Shoes*

Pauli Murray grew up at 906 Carroll Street, less than three miles from The Forest at Duke. Her grandfather had built a house there in the late 1890s, so, when her mother’s sudden death caused young Anna Pauline “Pauli” to be sent from Baltimore to Durham to live with her maternal grandparents and her grandmother’s sister Pauline, this house became her home. That was in 1914. Forty-two years later, Pauli Murray published a memoir/biography of her grandparents called *Proud Shoes*, which has nothing to do with footwear. The title comes from a line by Stephen Vincent Benet about walking in America “in proud shoes.” Murray appropriated the phrase in a tribute to her grandfather when she noted, “If grandfather had not volunteered for the Union in 1863 and come south three years later as a missionary among the Negro Freedmen, our family might not have walked in such proud shoes...”

But he did and they did. Her grandfather, Robert Fitzgerald, was a free black man who migrated from Pennsylvania to North Carolina after the Civil War and married a former slave whose father was the son of a rich slave-owning family in Chapel Hill. Mr. Fitzgerald was proud of his family’s ties to the Union, and Mrs. Fitzgerald was proud of her family’s ties to the University in Chapel Hill and to the Episcopal Church. Murray credits her own accomplishments to their dual influence, suggesting that it was her grandfather’s belief in the power of education that led her to become an activist/lawyer/professor and poet, and it was her grandmother’s belief in the power of reconciliation that led her to become a priest. As the first African American woman ordained in the Episcopal Church, the Rev. Dr. Pauli Murray



The Pauli Murray family home at 906 Carroll Street, Durham, a National Historic Landmark.

celebrated her first Eucharist in 1977 in Chapel Hill at the Chapel of the Cross, where her grandmother had been baptized as a slave and later confirmed with her sisters. They all had to sit in the balcony.

Proud Shoes is not only the story of her family and her early childhood but also a story of Durham and America in the early part of the 20th century, offering insights into history, race, religion, and society. As a child, the author had enjoyed exploring the whites-only cemetery that was behind the house her grandfather built. As an adult, she observed, “I was on better speaking terms with and knew more about the dead white people of Durham than I did about the living ones.” She could never have dreamed that the city would honor her at its 150th anniversary celebration as one of 29 individuals “whose dedication, accomplishments, and passion have helped shape Durham in important ways.”

She also helped shape the nation with her lifelong advocacy for civil rights, women’s rights, and human rights. Always ahead of her time, she helped organize

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The Forester

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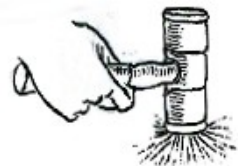
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President's Podium



by Banks Anderson

Breaking News...or GROUND Breaking News! The conundrum of what to do about updating our Health and Wellness facility that has been under consideration for years is approaching solution. Some residents of cottages in Gardenia, Forsythia and Pond View Courts, including Nancy and me, have learned that the footprint for construction of a new H&W facility is going to require us to move in a year or two.

A highest priority for redoing H&W has been that any facility be contiguous with our main buildings. Structural difficulties and cost coupled with the deleterious effects of remodeling on the lives of H&W residents living in the building have dictated a totally new dedicated structure. The consequence of these decisions is that to break ground for this update, fourteen cottages must be removed.

Marketing reports that on average about 23 units become available yearly which will assist with relocation choices. The H&W Center project is in the schematic design phase. Presently no decision is irrevocable but currently small neighborhood pods of ten with varying levels of care are being drawn with little change in total number of residents served. In addition, our developing home health care program should facilitate residents' maintaining their independence without premature moves to higher levels of care.

Moving is hell and we all experienced it while downsizing to move here. If one or both of us later enjoy better care in more pleasant surroundings in a newly updated H&W facility, our coming move may have been worth it.

In Memoriam

Thelma Battle	December 27, 2019
Harry Whitaker	December 29, 2019
Robert Deutsch	January 6, 2020
Irene Nashold	January 10, 2020

LIBRARY SCIENCE 101

by Carol Reese

PRESIDENTS DAY BOOK EXHIBIT

In honor of Presidents Day, the Library is proud to showcase some of its collection related to Presidents of the United States and the presidency. The selected items cover the presidents from George Washington through to Donald Trump. There is something for everyone. Here are some examples.

In the Hurricane's Eye: the Genius of George Washington and the Victory at Yorktown by Nathaniel Philbrick details how the disastrous weather in the Caribbean in 1780 forced the French fleet to relocate to the American East Coast, finally providing Washington with the naval support he needed to spring a trap on the overconfident Lt. Gen. Charles Cornwallis. Philbrick presents a thoroughly enjoyable account of the moment that allowed the United States to morph from rebellious territory into an independent nation.

Undaunted Courage: Meriwether Lewis, Thomas Jefferson and the Opening of the American West by Stephen E. Ambrose explores President Jefferson's dedicated role as the driving force behind the enterprise. It was Jefferson who got Congress's approval and funds for the expedition. Wanting to acquire all the information possible about the geography, topography, climate, Indian tribes, minerals, and flora and fauna of the lands through which the expedition would travel, Jefferson sent Lewis to Philadelphia for cram courses from some of America's leading men of learning in subjects like cartography, botany, anatomy and astronomy. Thus, the nation gained a huge store of information about that region, and a basis for its claim to the Oregon country. If you are interested in a true adventure story, this book is for you.

Lincoln Grows Up by Carl Sandburg is drawn from the early chapters of Sandburg's Pulitzer Prize-winning biography, *Abraham Lincoln: the Prairie Years*. This is the remarkable story of Lincoln's youth, early America, and the pioneer life that shaped one of our country's greatest presidents



Another example is Doris Kearns Goodwin's *The Bully Pulpit: Theodore Roosevelt, William Howard Taft, and the Golden Age of Journalism*. It will transport you back to the turn of the 20th century where, just as now, there was a growing preoccupation with economic inequality. Goodwin talks of a time when this country had politicians of stature and conscience, when the public believed that government could right great wrongs, and when a 50,000-word exposé of corruption could sell out magazines and galvanize a reluctant Congress. Then, as now, the liveliest political drama played out within a bitterly divided Republican Party. But back then the Republican insurgents were progressives, among them Theodore Roosevelt and William Howard Taft, challenging the party's long defense of laissez-faire and building a federal regulatory apparatus.

I'm sure you will find something both interesting and edifying.

DVDs AND AUDIO BOOKS MOVED

In order to make room for more **Large Print** books, the DVDs and audio books have been placed on a carousel right across from the shelving for the puzzles. This move frees up several shelves for new large print books.

Proud Shoes...

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Pauli Murray mural "Pauli Murray in the World," at 117 South Buchanan Boulevard, Durham.

sit-ins in Washington DC twenty years before the ones in Greensboro, and she was arrested in Petersburg, Virginia, for refusing to sit in the back of the bus fifteen years before Rosa Parks did the same thing in Montgomery, Alabama. With the dubious distinction of being rejected by the University of North Carolina graduate school for being black and rejected by Harvard for being female, Murray went on to become the first African American to receive a doctorate from Yale Law School. As a law school undergraduate at Howard University, she wrote papers that were cited later by such luminaries as Thurgood Marshall and Ruth Bader Ginsburg. When she wrote President Roosevelt to protest discrimination, she received a letter from his wife, leading to an unlikely friendship that lasted for the rest of Mrs. Roosevelt's life. You can read their letters in an extraordinary book available in the TFAD Library, *The Firebrand and the First Lady*.

You can also visit her childhood home, now a National Historic Landmark, which has been restored

and transformed into the Pauli Murray Center for History and Social Justice. You can attend an annual celebration in her honor at St. Titus Episcopal Church, where her Aunt Pauline sang in the choir. And you can see her face in five murals painted on Durham buildings as part of a public art project organized by the Duke Center for Documentary Studies.

Proud shoes, indeed.

Ellen Holmes Baer is from Mississippi. She and her husband, Phil, lived in such places as France, Canada, Italy, and Tennessee before moving to North Carolina in 1987. The author of several collections of essays (two in collaboration with Phil), she is a frequent contributor to The Forester.

Face Up: Telling Stories of Community Life, was a collaborative public art project in Durham, North Carolina, engaging more than 1,500 people in a series of events hosted between 2007 and 2009 that fostered new connections and dialogue, expanded awareness of local history, and resulted in the creation of fourteen permanent public murals. The project was led by artist Brett Cook, who has more than 20 years of experience with collaborative community-based artmaking.

The murals are now installed on the exterior walls of businesses, schools, and other publicly accessible places in downtown and Southwest Central Durham, and reflect the creative involvement of toddlers, elementary school children, middle and high school students, college students, professors, neighborhood residents, and elders—wealthy and working class; African American, Latino, Anglo, and Asian. The project opened artistic and documentary processes to many groups and individuals whose paths had never crossed.

The mural "Pauli Murray in the World," is installed on a brick wall at 117 South Buchanan Boulevard. It is one of five Pauli Murray Murals in Durham. The others are "Pauli Murray, A Youthful Spirit," at 2520 Vesson Avenue; "Pauli Murray Roots & Soul," at 1101 West Chapel Hill Street; "Pauli Murray & the Virgen de Guadalupe," at 2009 Chapel Hill Road; and "Pauli Murray True Community," at 313 Foster Street.

Time

by Ned Arnett

Time passes. Processes take place during the passage of what we perceive as time. Most intimately, we see ourselves and everyone around us as changing from day to day and year to year. Our bodies—beautiful biochemical machines that embody the requirements of life—change as time passes due to chemical changes, most notably oxidation. Living creatures, from conception to death, pass through a regular series of biochemical changes whose rates can be measured by the same methods used to study the rates of ordinary chemical reactions. Thanks to scientific advances, the rates of physical and chemical processes can be measured from the virtually instantaneous to the slowest geological ones.

Days and years are readily observable units of time determined by the rotation of the earth and its regular annual passage in its orbit around the sun. A month is the time required for the moon to complete its cycle of changes until it returns to exactly the same appearance, as determined by its view from the earth. This has been recognized by people of all cultures, some of whom have developed highly sophisticated understandings of what was going on. Others invented more naive ones, some quite complex.

A day is the time required for one complete rotation of the earth as marked by the time for the sun to return to the meridian of the observer at midday. A week is a period of seven days arbitrarily chosen by the great Babylonian astronomers four thousand years ago as a convenient division of each month into four quarters, with a necessary correction because this division cannot be made exactly. In Greco-Roman culture the days of the week were named to honor the seven visible heavenly bodies (Sun, Moon, Earth, Mercury, Venus, Jupiter, Saturn).

The decision to divide a day into hours, minutes and seconds was made by the Sumerians and Babylonians who used divisions of sixty going back to 2,000 BC. It's not known why they chose six rather than the more obvious ten as a basis for counting. A sundial, or any clock face, could be marked into any kind of desired units. The sixty-minute hour is an arbitrary choice. The French Revolution included the construction of a revolutionary clock with decimal rather than sexagesimal divisions, but it didn't stick. Years, months, and days can be counted from observations without instruments, but for these smaller units something more is required.

Accurate Measurements of Time

Until the invention of the mechanical clock there was no scientific instrument for the objective

measurement of time. An important driving force towards an accurate, spring-driven clock was the demand during the great Age of Discovery for an accurate chronometer to measure longitude at sea from an internationally accepted reference meridian, that of the Royal Observatory in Greenwich, England. This important observatory was designed by Christopher Wren in 1675 under a commission by Charles II. Measurement of latitude is relatively easy by measuring the sun's height above the horizon at midday with a sextant or quadrant. It is possible, but much more difficult, to determine longitude with a sextant, but with an accurate clock one could measure longitude by timing the earth's rotation.

Accordingly, a Royal Commission set all of the requirements for a prize to be awarded for making a chronometer that would meet the needs of accurate determination of any position on the earth's surface. In 1761, John Harrison, after 31 years of meticulous work, produced the world's first chronometer, "an instrument that changed the world" because it allowed the first accurate measurement of longitude everywhere, a necessity for making accurate charts and maps in the Age of Discovery. In 1777 Thomas Mudge won the prize of £3,500 based upon his invention of the lever escapement, a device common in wrist and pocket watches until displaced by the resonant piezoelectric crystals of modern watches.

Because of the importance of measuring time intervals precisely—modern GPS location systems and high-capacity communications systems are two examples—research on new scientific instruments has led to one improvement after another. Standard atomic clocks based upon fundamental properties of cesium atoms measure time at the National Institute of Standards and Technology with an accuracy of plus or minus one second in 15 billion years (4.72×10^{17} sec). Taking advantage of this kind of accuracy, the second has been defined as the time it takes one cesium electron to oscillate exactly 9,192,631,770 times. From this basic definition, one can define minutes (60 sec), hours (60 min), and days (24 hr). But here's the rub: the earth is slowing in its rotation, so in order to keep atomic time in agreement with astronomical time *leap seconds* need occasionally to be added. Thus, not all minutes contain 60 seconds. A few rare minutes, occurring at the rate of about eight per decade, actually contain 61 seconds.

Unidirectional Flow of Time

An important universally observed fact about time is that it flows in only one direction. Some sci-fi stories play with situations where time has run backwards. Entertaining as they may be, they run

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Two Forest Pioneers Talk...

Evebell Dunham

Evebell Dunham and her husband, Bob, shared many interests, the most light-hearted of which were dancing and travel. “We danced for 58 years,” Evebell says, smiling, “and retired early in order to travel the world.” They did just that, visiting six continents and over 100 countries.. On the dancing side of things, there’s a story...

Evebell, a native of Amarillo TX, and Bob, from Carthage MO, met in Amarillo where Bob, an engineer, was working for an oil company and Evebell was in nursing school. The two of them met on a double blind date at a dance when they swapped partners because the other two weren’t into dancing. And so began those nearly six decades of rug cutting.

They married as World War II was winding down (Bob had been commissioned as a “90-day wonder” Naval officer in 1942) and began their long happy life together.

Fourteen years into their marriage without managing to conceive, the Dunhams adopted a baby girl, Rita, after a very long wait in the US adoption procedure. Wanting to adopt again six years later, after a transfer to Calgary, Alberta, they learned that the process in Canada was much faster, and were soon blessed with the adoption of their son, Warren.

Bob’s very successful career with what is now British Petroleum led the Dunhams to live in a number of different cities. When Bob took early retirement—as they’d decided they wanted to devote more time to their love of travel—they were living in Hinsdale IL, just outside of Chicago. That remained their home base for about ten more years, during which time they journeyed all over the world.

When, in the early 1990’s, it seemed the right time to settle into a true retirement and they began looking for a good place, Bob’s brother sent them a magazine article he’d read about the launching of a retirement community in Durham NC. What they read interested them—as did the prospect of the gentle Carolina climate. So they called the number listed, made an appointment with Dr. James Crapo for an interview, and got plane tickets to RDU. While here, they visited several other Triangle retirement communities but liked best what they saw and heard about The Forest at Duke. Evebell remembers Bob



asking Dr. Crapo how the monthly rates would be figured. She doesn’t remember the answer but believes it must have suited Bob. On a second trip down to look at the nearly completed cottages, they signed up for Cottage 41 and moved into it on October 11, 1992. Like other Pioneers, Evebell remembers with fondness how active the TFAD social life was back in the early years. There were, she says, a lot more cocktail parties in the new cottages and apartments as all the many Pioneers met and got to know one another. She misses going into peoples’ homes, but notes that there is still an open friendliness towards succeeding generations of new residents.

One of the several important influences on the Dunhams’ choice of The Forest were the Sarah P. Duke Gardens and Duke Chapel, which they visited on their initial investigatory trip and which greatly impressed them. Now, after 27 years in Durham, the Duke Gardens, where she has long been a volunteer, and the congregation at Duke Chapel remain very important to her. When asked what advice she’d give new TFAD residents, she says, “Get involved in the larger Durham community...like, well, the Duke Gardens!”

A year after Bob’s death in 2015, Evebell moved to her lovely apartment where she says she has been very happy. What does she think is the best thing about living here? “The people—staff and residents alike.” And what does she hope for TFAD’s future? “That it not get any bigger. It’s just the right size.” ¶

...with Editor Shannon Purves

Molly Simes

Molly Simes, who pioneered at The Forest at Duke with her husband, Frank, is working on a memoir, some chapters of which she kindly made available to *The Forester*. Those chapters give an intimate sense of what it was like for a young American woman living in this country during World War II.

In December 1942, a year after Pearl Harbor, Molly, then a junior at a New York state teachers college, was dreading a semester of student teaching when she learned that Curtiss-Wright Aircraft Corp. was offering aeronautical engineering training at several US universities for young women who had had at least two years of college including math. She qualified, applied, was accepted and took off, alone, to Penn State University where she spent ten months with 100 other Curtiss-Wright “Cadettes.” She reminds us that, in 1942, everyone walked everywhere as gas was rationed, new skirts had laces because zippers were used for military uniforms, and clocks were set two hours ahead in summer for “War Time.”

After completing the aeronautics course, Molly worked for Curtiss-Wright briefly before returning home to upstate New York where she went to work for Eastman Kodak. It was during that time that she met her husband-to-be who was teaching high school in her hometown. They married in 1949 and began life together at Penn State where Frank studied for his doctorate in education and Molly worked for an admissions dean she had known in her Cadette days there.

Once Frank had his doctorate, he was offered a position in Penn State’s administration and, for the next eight years, climbed the administrative ladder while Molly learned to be a faculty wife. To quote from her memoir, “I volunteered at church and the hospital, led a Girl Scout troop, gardened, golfed, bowled and entertained a lot...and, in the meantime we adopted a baby girl, Amy. Most wives/mothers believed, as I did then, that we were cooks, housekeepers, laundresses, chauffeurs, secretaries, bookkeepers, seamstresses, playmates, and teachers. The term *micro-manage* was not in our vocabulary.”

In 1967, Frank accepted a job as Dean of the Faculty at Hampden Sydney College in Virginia. And Molly, hankering for her own college degree, got it at



Longwood College and began the scholastic career she had put off back in 1942, teaching in a local public school for a while and later heading up a Title program to help children with reading.

When Frank retired in 1979, they built a cabin on a lake in Virginia. Thirteen years later, they moved into the apartment Molly lives in today. They learned about the plans for The Forest when they visited Frank’s ill sister at Duke Hospital. While they were in town, they attended a seminar led by Dr. Crapo—and signed up on the spot. Two years later, their unit was ready and they moved in. Today Molly’s jigsaw puzzle table—with a partially completed puzzle in progress on it—remains in the perfect spot she chose for it in 1992.

Reminiscing about life at TFAD back then, Molly remembers with fondness the first Activities Director, Lucy Grant, and the numerous community field trips she organized. “She got us involved in the larger community,” says Molly, who volunteered at Duke Gardens for 17 years. She also remembers how, in the beginning, residents gave cocktail parties in their cottages and apartments. “We learned about each other,” she says. But asked what she might want to see changed or added in the 21st century TFAD, she has this to say: “I feel content living at The Forest.”

Molly Simes is a pioneer in several realms—a student aeronautical engineer, a faculty wife on her own path to a career in education, and a first TFAD resident who has involved herself widely, including costuming Glenn Arrington, et al. in their ballerina tutus for turn-of-the-century TFAD festivities.

Welcome New Residents

Melissa McLeod

Cottage 62
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Melissa grew up in Fort Pierce FL. She went to Mercer University for her BA in psychology and biology. She taught junior high science in West Lafayette IN and studied for her master's degree in physiology and biochemistry. Melissa then worked at Duke University Medical Center in physiology research for eleven years. Her next step was medical school at the University of North Carolina, getting her MD in 1989.

She then went to Bowman Gray/Wake Forest for an anesthesiology residency, and a year at Arkansas Children's Hospital for a pediatric anesthesiology fellowship. She joined the faculty at Texas Tech University in Lubbock TX for two and a half years. The remainder of her career was at Children's Hospital of King's Daughters in Norfolk VA.

In retirement, she took a course on continuing care retirement communities, and has made presentations on these to OLLI programs at William and Mary and at Duke. She then moved to this one, becoming a knowledgeable resident of The Forest.

Melissa does numerous volunteer activities: reading to elementary students, working with "As You Wish" organization, helping people write their advance directives.

She was a competitive tennis player until she discovered running in the 1970's and competed in the Boston Marathon in 2001. She shifted from running to bicycling and continues to be an avid rider. She also swims and does yoga and pilates. ¶

Barbara & Robert Shaw

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Barbara was born in New Jersey, and grew up in Reading PA; she had 11 aunts and uncles. After majoring in chemistry at Bryn Mawr, she went on to the University of Washington (met Bob there) and earned a PhD in physical chemistry. Bob grew up in Oaks PA and majored in chemistry at Williams College. He also got his PhD in physical chemistry. During their time in Seattle, the Shaws were active hikers, back-packers, sailors, and skiers.

They lived in Princeton NJ, Corvallis OR, and London UK, until settling in Durham in 1975. Barbara was the first woman professor of chemistry at Duke and retired as the William Smith Distinguished Professor. Bob was research chemist/physicist at EPA and retired as director of chemical sciences from the Army Research Office. Barbara elucidated the first structure of nucleosomes—the DNA/protein complex in our cells. Bob has the Silver Medal from the EPA, the Lifetime Achievement Award from the Army Research Laboratory, and is a Fellow of the American Association for the Advancement of Science.

Both are Master Gardeners, and Bob has spent many hours building and maintaining nearby Sandy Creek Park. They are active at Pilgrim UCC Church around the corner. Since retiring, Bob has taught about ten different OLLI courses. They work to stay physically and mentally active and enjoy their life here. They have one daughter and two grandchildren in Charlotte. ¶

Welcome New Residents

Tom and Judy Jo Small

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Tom and Judy Jo met on a blind date their senior year at Duke and have been dating ever since. Judy Jo, an English major from Kingsport TN, was already an earnest scholar. Tom, from Garden City NY, majored in political science but was more interested in fraternity life until he took a course in Constitutional Law and until he met Judy Jo, who introduced him to the library.

After they graduated, Judy Jo earned an MA in English at the University of Pennsylvania while Tom headed to a Wall Street bank. They commuted back and forth on weekends. In 1966 they married and moved to Winston-Salem, where Judy Jo taught English at Wake Forest University and put Tom through law school.

Afterward, Tom joined the legal division of First Union Bank in Greensboro. They had their first child, bought their first house, and started to settle down. But they were restless. When Tom was offered a job in Alaska, they sold their house and most of their possessions and took their one-year-old son and two-year-old German Shepherd to Anchorage. Tom became the attorney for a corporation funded by the Office of Economic Development to establish and support Eskimo, Indian, and Aleut enterprises. Judy Jo joined a rap group, took a course in Alaskan Native anthropology, and occasionally traveled with Tom to the bush. It was all a great adventure.

Yet they came back to North Carolina and did settle down in Raleigh. Tom resumed work at the bank for 10 more years before being appointed United States Bankruptcy Judge for the Eastern District of North Carolina in 1982. Judy Jo stayed home for nine years raising their son and daughter before returning to academia. She taught English for two years at Meredith College and went on to earn a PhD at UNC-Chapel Hill. For the rest of her career she taught American Literature at NC State University and retired as Professor Emerita. She published various scholarly articles and two books, *Positive as Sound:*



Emily Dickinson's Rhyme and A Reader's Guide to the Short Stories of Sherwood Anderson.

In addition to his judicial duties, Tom served on the federal judiciary's Long Range Planning Committee and chaired the Judicial Conference's Advisory Committee on Bankruptcy Rules, which is responsible for writing the Federal Rules of Bankruptcy Procedure. He was president of the National Conference of Bankruptcy Judges and then became the first Bankruptcy Judge Representative to the U.S. Judicial Conference. He served on the boards of the Federal Judicial Center, the American College of Bankruptcy, and the American Bankruptcy Institute, as well as on the editorial board of the publication *Collier on Bankruptcy*. Tom is one of the primary authors of the 1986 *Family Farmer Reorganization Act* that created a chapter of the Bankruptcy Code to save financially distressed family farms and of the 2019 *Small Business Reorganization Act* that makes Chapter 11 reorganization a viable option for struggling small businesses.

Both Judy Jo and Tom enjoy the performing arts, movies, and travel. She has enjoyed volunteering as a literacy tutor, and she loves reading. Tom is a tennis player and a blues musician whose band, the Blues Rockets, performed regularly at some of Raleigh's funkier nightspots. Their son is a physics teacher in Connecticut, and their daughter, Jane, is an attorney in Raleigh. They have four grandchildren. ☸

Time

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counter to one of the most fundamental and universally observed facts about Nature as embodied in the second law of thermodynamics: that any isolated system tends towards a state of maximum entropy (minimum organization). If you drop a sorted deck of cards from a significant height it will become disorganized as it hits the floor. If you drop the disorganized deck, the probability that it will spontaneously end up sorted is vanishingly small. Humpty Dumpty provides another example of disorder at work.

In its unidirectionality the time dimension is different from the three *spatial* dimensions. If we go to grandmother's house for holidays, we can return home. But neither we nor grandmother will actually become younger by our return.

Psychological Time

Of most immediate importance to us is psychological time. The efforts to measure time objectively probably have roots in the universally appreciated facts that our perceptions of time vary enormously with our immediate circumstances and that they are different for different people. We are sharply aware of this when we find ourselves waiting!—waiting in a waiting room surrounded by equally bored strangers, at its worst towards the end of the day, waiting to see a doctor who will examine us or tell us the results of an important test.

Comfort, happiness, and boredom define notions of psychological time, and the joys of heaven or the miseries of hell are amplified by the idea that they are eternal. The essence of an enjoyable experience is the temporary liberation from consciously feeling the passage of time. Correspondingly, an important component of the punishment of incarceration is the threat of solitary confinement in a small windowless room with minimal opportunity for physical, intellectual, or social stimulation, being thrown back entirely and mercilessly on one's inner resources.

With international agreement that cruel and unusual physical punishment (torture) is no longer acceptable, the goalposts have been moved to the psychological field where the lengthy infliction of boredom is considered to be an acceptable means for coercing good behavior. At the same time the infliction of punishment has moved from being a public exhibition as a warning against bad behavior and as a form of public entertainment into something carried out behind prison walls. ¶

Ned Arnett is Professor Emeritus of Chemistry at Duke, harmonica player, philosopher, and frequent contributor to The Forester.

CAROL'S CORNER

Victoria

by Carol Oettinger

When I asked a group of staff in Olson who would be the most interesting person to interview for a story, a number of people pointed to Victoria. She has been a Certified Nursing Assistant here for eighteen years.

She was born and grew up in Sierra Leone, West Africa. She was graduated from high school there. A group of people fighting the government made the place where she was living dangerous. She says that it was fear, but I think there was bravery in her decision to leave her home and



family and emigrate to the United States. She had an aunt in New Jersey who welcomed her.

Victoria studied secretarial work at a vocational school for three years. She then worked as a secretary at the Ministry of Labor for eleven years. She decided that she liked taking care of people and went to another vocational school to become a Certified Nursing Assistant.



She married a man from North Carolina and moved to Durham. She has two children, a girl, 18, and a boy, 12. She worked at Hillcrest for a year. A friend who worked at The Forest and liked it told her about it. She applied and was hired. She likes it here with the pleasant people.

“Do I ever like the patients” and a well run place to work. “I like hard work and this is my second home.”

Victoria likes to dance at parties and sing and dance to music on the radio. She likes to cook, and her family appreciates that.

We appreciate having Victoria as part of our Forest family.

Photos by Bennett

My Travels in Iran

by June Boswick



Shutterstock Photo

Naqsh-e-Jahan square in the center of Isfahan, Iran.

With the current negative press about Iran (formerly known as Persia), I wanted to share a most positive time my husband and I experienced there in January 1979.

For background, my husband, Dr. John Boswick, a professor of remedial plastic surgery and orthopedics for burn patients, taught numerous international physicians. During their training in the States, these young doctors were often invited to our home for dinner parties.

As my husband taught the foreigners, we were able to learn the cultures, economics, religions, and politics of their countries. Being guests in the safe environment of our home in Chicago, then Denver, made it easier for them to speak freely. Over time

these young men became like sons or brothers. We even followed their careers when they returned to their native countries. Ten of these outstanding physicians were from Iran, studying between 1968 and 1979.

After training and returning to their homes, the doctors sent letters begging us to come to Iran to visit. Because of John's demanding schedule, we were unable to visit readily. But, in January 1979, we received two first-class tickets to Tehran along with a letter that said, "You must come now."

We decided to accept the kind invitation and go. When we arrived, headlines in the Tehran paper read, "Dr. John Boswick is in Tehran." The response was unbelievable: all of the former trainees came to the hotel to see us! We were showered with parties, accolades, and gifts.

During the first week we visited and toured Tehran. The second week we were taken with a guide to Shiraz and Isfahan. It was a joyous trip for us, and we realized good people are the same everywhere on this planet.

However, everywhere in Iran there were rumblings of a strict religious takeover. One could feel the unrest.

On January 16, 1979, Mohammad Reza Pahlavi, the Shah, left Iran in exile as the last Persian monarch. There were dire outcomes from the ensuing 1979 Revolution, including the loss of many personal freedoms and severe human rights abuses.

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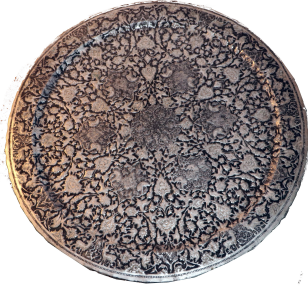


Colorful detail from a tablecloth purchased in Iran.

My Travels in Iran

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It was not possible subsequently to return safely to Iran to see our wonderful Iranian friends. Nevertheless, we were grateful to the doctors who visited us and enabled us to learn their customs. We were also grateful for our opportunity to visit Iran. Lastly, we were and are *most* grateful for our freedom to worship here in America.



A ceramic platter.

June earned a BA in education at Southern Illinois University, where she met John Boswick. She taught for a year there, married, moved with John to Oak Park IL, and taught while he became expert in medicine. (June earned an MA in education at U. Illinois–Chicago.) After 25 years in the Chicago area, they moved to Denver where John continued to practice. A dozen years later they retired to Wyckoff NJ, whence June came to The Forest.



The platter, rug, and framed painting were gifts from John's Iranian student doctors.

Photos by Bennett

Key Events in Iran-U.S. Relations

The situation was complex in Iran at the time of the Boswicks' travels in January 1979. Bloody protests, demonstrations, and strikes in 1978 were the prelude to full revolution against Shah Reza Pahlavi.

Britain, the United States, and the Russians had occupied Iran during World War II, and after they withdrew, the United States became a major influence. US relations with the shah grew closer after 1953 when the CIA and the British SIS engineered a coup against Iran's prime minister, Mohammad Mossadeq, who was trying to nationalize Iran's oil. Under the deal that followed, the US and Britain each held a 40 percent stake in Iran's oil industry with the Iranian government receiving 50 percent of the profits. Iran invested heavily in expanding industry, education and the military, while at the same time the shah's government was named one of the world's worst violators of human rights. Among those opposing the shah's changes was Shi'a Islam cleric Ayatollah Ruhollah Khomeini, arrested repeatedly and exiled in 1964.

1979 Shah leaves Iran January 16; exiled Ayatollah Ruholla Khomeini flies from Paris to Iran on February 1, later declaring Iran an Islamic republic.

Shah admitted to US in October for cancer treatment; demonstrators occupy US embassy November 4, taking diplomats hostage.

1981 US hostages released in January.

2002 Discovery of undeclared nuclear sites at Arak and Natanz.

2011 UN imposes sanctions on Iran for non-compliance with Nuclear Non-Proliferation Treaty, blocking Iran from international

banking system and from exporting oil.

2012 Iran's currency loses half its value.

2015 US and Iran sign agreement in Geneva accepting supervision of Iran's uranium facilities and phased easing of sanctions; agreement adopted by UN Security Council.

2018 US withdraws in May from nuclear deal, reimposes economic sanctions in August.

2020 US drone strike kills Iran's major general Qasem Soleimani on January 3; Iran launches missile attack on US forces in Iraq January 9.

—Editors